

My Life [我这一生] Wo Zhe Yi Sheng

COPPER **KNOB**
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Heru Tian (INA) & Erni Jasin (INA) - June 2025

Musique: Wo Zhe Yi Sheng (我这一生) (DJ版) - Ma Jian Tao (马健涛)



No Tag, No Restart!

Intro : Start on Vocal!

S1: L BASIC NC, 1/4R, FWD, SPIRAL FULL TURN R, FWD, SHUFFLE, SWEEP, CROSS, HINGE TURN L, SIDE

- 12& Lf Big step to L (1), Close Rf slightly behind Rf (2), cross Lf over Rf (&)
- 3 4 1/4R Step Rf fwd (3) (3:00), spiral full turn R (4)
- 5&6 Step Rf fwd (5), step Lf next to Rf (&), step Rf fwd and sweep Lf from back to front (6)
- 7&8 Cross Lf over Rf (7), 1/4L step Rf back (&), 1/4L step Lf side (8) (9:00)

S2: CROSS ROCK, RECOVER, 1/4R, FWD, 1/4R, SIDE, RECOVER, FWD, ROCK, BACK, TOGETHER, BACK, SWEEP, 1/4R, BACK, CLOSE

- 12& Cross /Rock Rf over Lf (1), recover on Lf (2), 1/4R step Rf fwd (&)
- 34& Step Lf fwd (3), 1/4R step Rf in place (4), step Lf fwd (&) (3:00)
- 56& Rock Rf fwd (5), recover on Lf (6), step Rf next to Lf (&)
- 78& Step Lf back and sweeping Rf at the same time from front to back (7), 1/4R step Rf back (8), close Lf beside Rf (&) (6:00)

Section 3 : Walks Fwd, Scissors Cross, 1/4L Fwd, Pivot 1/2L, 1/2L Back, Sweep, Behind, Side

- 12 Walk RF Fwd (1), Walk LF Fwd (2)
- 3&4 Step RF to R Side (3), Step LF next to RF (&), Cross RF over LF (4)
- 56& 1/4L, Step LF Fwd (5) (3:00), Step RF Fwd (6), Pivot 1/2L, Step LF in place (&)
- 78& 1/2L, Step RF Back, Sweep LF front to back (7), Step LF behind RF (8), Step RF to R Side (&)

Section 4 : Diamond 1/2R, Cross Rock, 1/4L Fwd, Walks Fwd

- 12& 1/8R, Step LF Fwd (1), Step RF Fwd (2), 1/8R, Step LF to L Side (&)
- 34& 1/8R, Step RF Back (3), Step LF Back (4), 1/8R, Step RF to R Side (&) (9:00)
- 56& Rock LF cross over RF (5), Recover on RF (6), step LF side (&)
- 78& Step RF Fwd (7), pivot 1/2L step LF in place (8), close RF next to LF (&) (3:00)

****Start again from beginning..**

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